



## Good-Hearted Living(tm)

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### Follow These Six Daily Practices to Prevent Hardening of the Attitudes

#### Have More Positive Mindsets, Feelings, and Interactions

Based on modern science and ancient wisdom, this *mood-changing program* is easy and fun. **Begin** with *mindfulness*; remember *what practice the day is "for"*. Each day, whenever you see an opportunity, *take some action to do the practice for that day, just do it!* Your actions will become habits and then *the natural way you live your life*. Do this for as little as 5 minutes every day. Keep a simple journal about it. **Soon** you will be amazed to find that you laugh more, are more cheerful & optimistic, and feel better in general.

Whenever you are mindful of any of the practices and the pleasant feelings they bring, you can tell yourself, *"Isn't it great that I feel happy now! Right now, this is being stored in my brain, where it joins my other moments of serenity. The larger the library and storehouse of positivity in my brain, the easier it will be for me to access it at will."*

**Mondays are for Compliments:** This overcomes our tendency to criticize and be judgmental of others, which robs us of laughter. Look for the good in others, tell them about it, and you might just end up laughing together. Monday thought: *"A kind word often goes unspoken, but never goes unheard."*

**Tuesdays are for Flexibility:** There is no laughter in being stubborn. We all get set in our ways and yet it is a good thing to be open to new ideas. It can be more fun than being in a rut. An open mind lets the laughter in. Tuesday thought: *"The tree that bends in the wind does not break."*



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**Wednesdays are for Gratitude:** A good way to feel miserable is to always think you need something more to make you happy. An attitude of gratitude brings serenity and laughter. Wednesday thought: *“As you go through life, let this always be your goal: Keep your eye upon the donut and not upon the hole!”*

**Thursdays are for Kindness:** Think of ways to help make the other person’s life a little easier. Simple kindness may be the most vital key to the riddle of how human beings can live with each other in peace, and care properly for this planet we all share. Thursday thought: *“The practice of kindness creates healthy relationships and community connections and inspires people to pass kindness on to others.”*

**Fridays are for Forgiveness:** Forgiveness means letting go of anger. Find a way to see those who have hurt you in the new light of compassion. Releasing anger makes you healthier and opens up room in your heart for more laughter. Friday thought: *“I never hold a grudge because while I am being angry the other guy is out dancing!”* (Buddy Hackett)

**Weekends are for Chocolate:** Literally, remember to eat some chocolate or any other favorite food. Metaphorically, remember to take time for leisure, pleasure, relaxation, “sweet” things. Weekend thought: *“A bad day fishing beats a good day working.”*

To order “*Good-Hearted Living*”, Steve’s book and journal, with a different idea to practice every day of the year, call 1-800-NOW-LAFF(669-5233)

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